

I claim:

1. A restaurant format comprising:

a menu which lists a plurality of food selections, and which includes one or more diet indicators for each food selection indicating which of several diet and nutrition plans with which said food selection may be prepared for compliance;

a kitchen system which prepares said food selection in accordance with a customer's selected diet and nutrition plan;

so that a customer may be presented with said food selection prepared in a manner compliant with a diet and nutrition plan selected by said customer.

2. The restaurant format of claim 1 in which each menu selection is marked with an indicator of compliance with one or more selected diet plans, so that a customer can select dishes and meals that are compliant with a particular diet plan.

3. The restaurant format of claim 1 in which the menu selections are evaluated for composition of fats, carbohydrates, and protein.

4. The restaurant format of claim 1 in which the menu selections are grouped by diet plans, so that all items in a listed group are compliant with a particular diet plan.

5. The restaurant format of claim 1 in which preparing the menu selection in a manner that results in a meal that is compliant with a chosen diet or nutrition plan includes choice of ingredients, cooking methods, and side dishes.

6. The restaurant format of claim 1 which includes diets and nutrition plans including proprietary diets, diets based on a ratio of fats, carbohydrates, and proteins, diets featuring high fiber, low cholesterol, organic, pesticide free, various kinds of vegetarian, free range meat, non-feedlot beef, limited carbohydrate, and other diets.

7. The restaurant format of claim 1 in which menu selections compliant with a particular diet are listed on separate menus, so that every item on a particular menu will be compliant with the selected diet.

8. A menu format comprising:

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a menu for a restaurant which lists a plurality of food choices, and which includes one or more diet indicators for each food selection indicating which of several diet and nutrition plans by which said food selection may be prepared and with which said food selection will be in compliance with;

so that a customer may be presented with said food selection prepared in a manner to be compliant with a diet and nutrition plan selected by said customer.

9. The menu format of claim 8 in which each menu selection is marked with an indicator of compliance with one or more selected diet plans, so that a customer can select dishes and meals that are compliant with a particular diet plan.

10. The menu format of claim 8 in which the menu selections are evaluated for composition of fats, carbohydrates, and protein, and an indication of ratios are presented.

11. The menu format of claim 8 in which the menu selections are sorted by diet plans, so that all items in a menu grouping are compliant with a selected diet plan.

12. The menu format of claim 8 in which a menu selection indicates a selection of ingredients, cooking methods, and side dishes which are compliant with a chosen diet or nutrition plan.

13. The menu format of claim 8 which includes diets and nutrition plans including proprietary diets, diets based on a ration of fats, carbohydrates, and proteins, diets featuring high fiber, low cholesterol, organic, pesticide free, various kinds of vegetarian, free range meat, non-feedlot beef, limited carbohydrate, and other diets.

14. The menu format of claim 8 in which menu selections compliant with a particular diet are listed on separate menus, so that every item on a particular menu will be compliant with the selected diet.

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15. A method of organizing a restaurant food selection, comprising the steps of:  
using a menu that indicates how each item complies with basic categories of diet plans;  
combining menu items into meals that comply with said diet plans;  
serving lean cuts of meat by default, and preparing said meat in a manner that allows fats to drip away from the meat; and  
serving complex carbohydrates by default in all items containing carbohydrates and offering simple carbohydrates only on request.
16. The method of organizing a restaurant food selection of claim 15, with the additional step of training restaurant staff in diet plan types so that staff can readily assist customers in choosing diet compliant items from said menu.
17. The method of organizing a restaurant food selection of claim 15, with the additional step of providing on said menu basic nutritional information for menu items.